

## Culinary Arts Foundations: Week 16 (3 day week: Thanksgiving Break)

### Day 1: Ch 29.1 Quick Bread Basics

- Objective: Identify the characteristics of quick breads and how to properly prepare.
- Starter # 4: List the ratio of flour to liquid in soft dough's, pour batters, and drop batters.  
(Pg. 654 Fig. 29.2)
- Assignment:
  - Study Guide: Ch. 29.1
  - Lab Plan: Biscuits

### Day 2: Biscuit Lab (Threshold)

- Objective: Demonstrate ability to properly make biscuits using correct measurements and safety and sanitation procedures.
- No Starter
- Assignment:
  - Biscuit Lab

*Note: remind students to cut biscuits thick*

### Day 3: Eat and Evaluate Biscuits

- Objective: Evaluate the taste, texture and appearance of biscuits. Determine the proper method of making muffins
- No Starter
- Assignment:
  - Biscuit Lab Evaluation
  - Ch. 29.3 Study Guide: Making Muffin Pg. 662-665

*Note: Make copies of evaluation and study guide front to back.*

### Day 4: Muffin Lab

- Objective: Demonstrate ability to properly make muffins
- No Starter
- Assignment:
  - Muffin Lab

*Note: Set the lab up to compare the affect of baking powder of quick breads. I.e. Make some muffin with too much baking powder, make some with too little and compare the results.*

### Day 5: Eat and Evaluate Muffins

- Objective: Evaluate the taste, texture and appearance of muffins and determine if they were made properly.
- NO Starter
- Assignment
  - Muffin Lab Evaluation

### Extra:

Experiment with chemical leavening agents to compare baking soda and baking powder and the reactions with acidic ingredients.

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

**Ch. 29.1 Quick Breads**  
**Study Guide**  
**Pg. 653-657**

1.) Describe the difference between quick breads and yeast products. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2.) List two chemical leavening agents.  
\_\_\_\_\_  
\_\_\_\_\_

3.) List 6 quick breads. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4.) List the 7 typical ingredients in quick breads. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5-8.) Describe in detail the biscuit method. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9-11.) Describe in detail the blending method. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

12-15.) Describe in detail the creaming method. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

16.) \_\_\_\_\_ are thicker in consistency than \_\_\_\_\_.

17.) They can be \_\_\_\_\_ and cut into shapes prior to baking while \_\_\_\_\_ cannot.

18.) Give two examples of a soft dough quick bread.  
\_\_\_\_\_  
\_\_\_\_\_

19.) Define pour batters: \_\_\_\_\_  
\_\_\_\_\_

20.) Define drop batters: \_\_\_\_\_  
\_\_\_\_\_

21-24.) List 4 characteristics of loaf breads:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

25.) What will result if you under mix loaf breads? \_\_\_\_\_  
\_\_\_\_\_

26.) What will over mixing overdevelop? \_\_\_\_\_ This will cause batter to be \_\_\_\_\_  
or \_\_\_\_\_.

27.) Define tunnels: \_\_\_\_\_

28.) Unlike yeast breads, very little \_\_\_\_\_ is developed in quick breads.

29.) What will happen if there is too much gluten when working with quick breads? \_\_\_\_\_  
\_\_\_\_\_

30.) What will happen in leavening agents are not used within a short time? \_\_\_\_\_  
Leavening agents must maintain their freshness in order to be \_\_\_\_\_

## Cinnamon Breakfast Biscuits

1  $\frac{3}{4}$  cup flour  
2 Tbsp. sugar  
1 Tbsp. baking powder  
 $\frac{1}{2}$  tsp ground cinnamon  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{2}$  cup margarine  
 $\frac{2}{3}$  cup milk  
 $\frac{1}{2}$  cup raisins  
 $\frac{1}{2}$  cup  
2-3 tsp orange juice

1. Preheat oven to 450F.
2. In a medium bowl, combine flour, sugar, baking powder, cinnamon and salt.
3. Using a pastry blender, cut in margarine until mixture resembles coarse crumbs. Make a well in flour mixture. Add milk and fruit bits all at once. Using a fork, stir until just moistened.
4. Turn dough onto lightly floured surface. Knead dough by folding and gently pressing dough for 10-12 strokes or until dough is nearly smooth.
5. Pat or lightly roll dough until  $\frac{1}{2}$  inch thick. Cut into as many biscuits as possible with 2  $\frac{1}{2}$  inch round biscuit cutter. Reshape dough and cut more biscuits.
6. Place biscuits 1 inch apart on parchment-lined sheet pan. Bake for 10-12 minutes or until golden.
7. Meanwhile, whisk together powdered sugar and juice to drizzling consistency. Drizzle over warm biscuits

## **Cheddar Buttermilk Biscuits**

**2 c. flour**  
**1 Tbsp. sugar**  
**4 tsp. baking powder**  
**1/2 tsp. salt**  
**1/4 tsp. cayenne pepper**  
**1/4 tsp. garlic powder**  
**4 oz cold butter**  
**1 c. shredded cheddar cheese**  
**3/4 c. buttermilk**

- 1. In a bowl, combine flour, sugar, baking powder, salt, cayenne, and garlic powder.**
- 2. Cut in butter until it resembles coarse crumbs.**
- 3. Add cheese and toss.**
- 4. Stir in buttermilk until just moistened.**
- 5. Turn onto a lightly floured surface. Knead 8 times only!**
- 6. Pat or roll into 1 inch thickness.**
- 7. Cut into biscuits using 2 1/2 inch biscuit cutter.**
- 8. Place 1 inch apart on parchment-lined pan.**
- 9. Bake at 425 F 15-18 minutes or until golden brown.**

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

**Biscuit Lab Evaluation**

Directions: As you taste the biscuits please evaluate the following information and answer the question about your lab performance. You must use descriptive words or you will not receive points

	<u>Taste</u>	<u>Appearance</u>	<u>Texture</u>
Cheddar Biscuits			
Cinnamon Raisin Biscuits			

1.) What does the biscuit method involve? (658) \_\_\_\_\_

2.) Why do we want to cut as many biscuits as we can before we reroll the dough? (659) \_\_\_\_\_

3.) What chemical leavening agent was used in the biscuits and what gas does it release? \_\_\_\_\_

4.) Rate your biscuits against the quality characteristics below. How did your compare? \_\_\_\_\_

Quality Characteristics	Your Biscuits
<b>Appearance:</b> Should all be the same size. Have flat tops and straight sides	
<b>Color:</b> Golden brown crust. Crumb should be creamy or flaky.	
<b>Texture:</b> Should be light, tender and flaky. Should easily separate into layers when broken apart.	
<b>Flavor:</b> Should have a pleasing delicate flavor. A bitter flavor may indicate too much baking powder or baking soda.	

5.) What were the most successful and unsuccessful aspects of this lab for your group? \_\_\_\_\_

6.) What, specifically, did you do to make this lab successful? \_\_\_\_\_

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

### Making Muffins

Ch.29.3

Pg. 662-665

- 1.) What type of products is the blending method used to make? \_\_\_\_\_  
\_\_\_\_\_
- 2.) The blending method involves using \_\_\_\_\_ or \_\_\_\_\_ to blend the ingredients.
- 3.) What are the 7 basic ingredients in muffins? \_\_\_\_\_  
\_\_\_\_\_
- 4.) Using Liners: What is the difference in the texture of the muffin when using and not using a paper liner? \_\_\_\_\_  
\_\_\_\_\_
- 5.) Muffins are made from a \_\_\_\_\_.
- 6.) How is the structure of a muffin achieved? \_\_\_\_\_  
\_\_\_\_\_
- 7.) Why do you need to separate mixing bowls when making muffins? \_\_\_\_\_  
\_\_\_\_\_
- 8.) What happens when you overmix muffins? \_\_\_\_\_
- 9.) Why is the creaming method used when making muffins? \_\_\_\_\_  
\_\_\_\_\_
- 10.) What two ingredients are combined first in the creaming method? \_\_\_\_\_
- 11.) When dividing muffins, how can you prevent overmixing? \_\_\_\_\_  
\_\_\_\_\_
- 12.) What can you use to make sure you are dividing muffins evenly? \_\_\_\_\_
- 13.) How far do you fill muffin pans? Why? \_\_\_\_\_
- 14.) What two things indicate if a muffin is done baking? \_\_\_\_\_  
\_\_\_\_\_

## Muffins

1  $\frac{3}{4}$  c. flour  
1/3 c. sugar  
2t. baking powder  
 $\frac{1}{4}$  t. salt  
1 egg, beaten  
 $\frac{3}{4}$  c. milk  
 $\frac{1}{4}$  c. vegetable oil

1. Grease 12 muffin cups or line with paper.
2. Combine flour, sugar, baking powder, and salt. Make well in the center of mixture, set aside.
3. In separate bowl, combine egg, milk, and oil. Add all at once to flour mixture. Stir until just moistened. Mixture will be lumpy. DO NOT OVERMIX!
4. Spoon batter into prepared muffin cups. Bake at 400 for 18-20 minutes, or until golden brown and a toothpick comes out clean. Cool in muffin cups 5-10 minutes before removing.

**Oatmeal muffins:** Prepare as above, except reduce flour to 1  $\frac{1}{3}$  c. and all  $\frac{3}{4}$  c. rolled or quick oats to mixture.

**Poppy seed muffins:** Prepare as above, except increase sugar to  $\frac{1}{2}$  c. and all 1 T. poppy seeds to mixture.

**Banana walnut muffins:** Prepare as above, except do not use paper cups. Reduce milk to  $\frac{1}{2}$  c.. Stir  $\frac{3}{4}$  c. mashed very ripe banana and  $\frac{1}{2}$  c. chopped walnuts into flour along with egg mixture.

**Cheese muffins:** Prepare as above, except stir  $\frac{1}{2}$  c. shredded cheddar into flour mixture.

**Chocolate Chip:** Prepare as above. Add 1 c. chocolate chips into prepared batter.

**Streusel topping for muffins:** Combine 3 T. flour, 3 T. brown sugar, and  $\frac{1}{4}$  t. ground cinnamon. Cut in 2 T. butter until mixture resembles coarse crumbs. Sprinkle over muffins right before putting in oven.

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

Muffin Lab Evaluation

Directions: As you taste the muffins please evaluate the following information and answer the question about your lab performance. You must use descriptive words or you will not receive points

	<u>Taste</u>	<u>Appearance</u>	<u>Texture</u>
Muffins			

1.) Why did you use two separate bowls when preparing your muffins? \_\_\_\_\_

2.) Why is it important not to overmix your muffin batter? \_\_\_\_\_

3.) The batter should look \_\_\_\_\_.

4.) Rate your muffins against the quality characteristics below. How did your compare?

Quality Characteristics	Your Muffins
<b>Appearance:</b> Should be round in shape with dome-shaped tops. Uniform is size.	
<b>Color:</b> Golden brown surface.	
<b>Texture:</b> The grain should be even. The muffin should be tender and moist, not dry or brittle. Should NOT be filled with tunnels.	
<b>Flavor:</b> Should be sweet and pleasant with no bitter aftertaste from too much leavening.	

5.) What were the most successful and unsuccessful aspects of this lab for your group? \_\_\_\_\_

6.) What, specifically, did you do to make this lab successful? \_\_\_\_\_